

MONTECARLO **ONE**

Where Talent Meets Challenge



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MCL

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Mind Benders

Edition Overview

Message From MD's Desk

Dear Montecarlo Family Members,
Greetings!

I am very happy to present to you **the all new look of Montecarlo One 19th issue with many exciting segments added.**

One of the important elements that significantly contribute to Organizational Success is its **“People”**. I am glad that we have competent people who lay the foundation for Montecarlo's success.

I expect we continue to grow together and take the company onto next level.

In view of the impending rainy season, let us plan our activities in such a manner that the weather is unable to dampen our progress and speed of work.

I would urge all employees to take care of their health, **Be fit & Be safe.** This would result in setting higher goals, being more confident and striving for excellence.

With Best Wishes,

Mrunal Patel
Managing Director



MONTECARLO GLORY



Awarded to 3170 Barjora(North) Coal Mines for Tree plantation & Environment awareness during World Environment Day 2023.

Achievement of 2 million Safe Man Hours without any lost time injury at 3300 Munger to Mirzachauki Pkg 01.



Achievement of 1 million Safe Man Hours at 3320-Patna Metro Rail Project.

Event Celebration



National Fire Service Day - 14th Apr'23

National Fire Service Day Celebration was conducted with full enthusiasm at project sites to spread awareness about Fire Safety Emergency with the theme - **#AGNI(Awareness in Fire Safety for Growth of National Infrastructure)**



Event Celebration

World Environment Day - 5th June'23



On this World Environment Day, we said NO to plastic and YES to a sustainable future and paved the way for a cleaner, greener planet. It was celebrated on a huge scale at head office & project sites. **#BeatThePlastic**





Event Celebration

International Yoga Day - 21st June '23

International Yoga Day Celebration was carried out at head office & project sites. It witnessed the serene ambiance, as the team immersed themselves in the timeless art of yoga, nurturing mind, body, and soul.



Social Cause



Refreshment served to AMC workers who were engaged in local redevelopment work outside HO.

4320- Shirdi Sinnar Road Project
Providing cool drinking water for pilgrims & passers-by.



4320- Shirdi Sinnar Road Project
Sprinkling of water on the road to combat heat and making it easy to walk for barefoot pilgrims.

Harnessing the Power of Exercise:

Exploring the Science and Stories behind the Life-Changing Benefits of Exercise

Introduction:

Exercise has long been recognized as a cornerstone of a healthy lifestyle, but its transformative power extends far beyond physical fitness. In this cover story, we delve into the multifaceted impact of exercise on our bodies, minds, and overall well-being. From ground breaking scientific research to inspiring personal journeys, we explore how exercise has the potential to reshape lives and defy the limits we once thought were insurmountable.



Section 1: Unleashing the Science of Exercise

Exercise has a transformative effect on our bodies in several ways. Regular physical activity can lead to various physiological and biochemical changes that contribute to improved health, fitness, and overall well-being. Here are some key ways exercise transforms our bodies:



Muscle Strength and Tone:

Exercise, particularly resistance training, stimulates muscle fibers to grow and adapt, resulting in increased strength and tone. Through the process of muscle hypertrophy, exercise promotes the development of larger, stronger muscles. This transformation not only enhances physical performance but also helps to improve posture and overall body composition.

Cardiovascular Fitness:

Engaging in aerobic activities such as running, swimming, or cycling can greatly improve cardiovascular fitness. Regular cardio exercises strengthen the heart muscle, enhance lung capacity, and improve the efficiency of oxygen delivery throughout the body. Over time, these adaptations can lead to a lower resting heart rate, improved endurance, and a reduced risk of cardiovascular diseases.



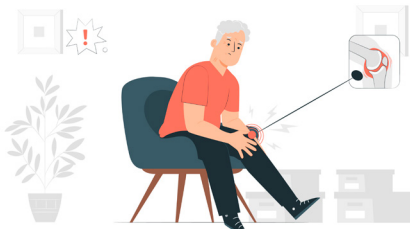
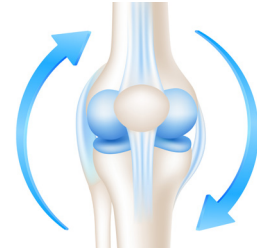


Weight Management:

Exercise plays a crucial role in weight management by burning calories and increasing metabolism. Physical activity contributes to energy expenditure, helping to create an energy deficit when combined with a balanced diet. This can lead to weight loss and the reduction of body fat. Additionally, exercise helps to preserve lean muscle mass, which is important for maintaining a healthy weight and preventing metabolic slowdown.

Bone Density and Strength:

Weight-bearing exercises, such as walking, running, or weightlifting, stimulate bone remodelling and promote the accumulation of bone mineral density. This is particularly important for preventing osteoporosis and reducing the risk of fractures, especially in older adults.



Joint Health and Flexibility:

Regular exercise helps to strengthen the muscles around the joints, providing support and stability. It also improves joint flexibility and range of motion, reducing the risk of injuries and promoting better movement patterns.

Mental Health and Brain Function:

Exercise has significant positive effects on mental health and cognitive function. Physical activity releases endorphins, the “feel-good” hormones that can improve mood and reduce stress, anxiety, and symptoms of depression. Exercise also increases blood flow to the brain, promoting the growth of new neurons and enhancing cognitive abilities, including memory and attention.



Immune System Function:

Moderate-intensity exercise has been shown to enhance immune system function, reducing the risk of certain diseases and infections. Regular physical activity can boost the production of antibodies and white blood cells, leading to a stronger immune response.

It's important to note that the extent of these transformations can vary depending on factors such as the type, intensity, and duration of exercise, as well as individual genetics and overall lifestyle. Nonetheless, regular exercise, combined with a balanced diet, is a cornerstone of a healthy lifestyle and can lead to remarkable changes in the body over time.

Section 2: Inspiring Transformation Journey

Here's an inspiring story of fitness:

The story of **Milind Soman**, often known as the “**Ironman of India**,” is a testament to the power of fitness and resilience. Milind Soman is a model, actor, and fitness enthusiast who gained widespread recognition for his exceptional endurance and athleticism.



In 2015, at the age of 50, Soman accomplished a remarkable feat by completing the Ironman Triathlon. The Ironman Triathlon is one of the toughest endurance races globally and consists of a 2.4-mile (3.86 km) swim, a 112-mile (180.25 km) bike ride, and a full marathon of 26.2 miles (42.20 km). It requires immense physical strength, mental toughness, and months of dedicated training.

Soman's journey towards the Ironman Triathlon began years before his historic achievement. He had been an avid runner for many years and participated in numerous marathons and other endurance events. However, he desired to challenge himself further and set his sights on the Ironman, a goal that seemed insurmountable to many.

To prepare for the gruelling race, Soman embarked on a rigorous training regimen. He combined swimming, cycling, and running into his daily routine, gradually increasing the intensity and duration of his workouts. He also incorporated strength training and yoga to enhance his overall fitness and prevent injuries. Soman faced numerous challenges along the way, both physical and mental. He endured rigorous training schedules, pushed through moments of exhaustion and self-doubt, and learned to overcome setbacks and injuries. His unwavering determination and disciplined approach allowed him to stay focused on his goal and persevere despite the difficulties.

Finally, on February 21, 2015, Soman crossed the finish line of the Ironman Triathlon held in Zurich, Switzerland, completing the race in an impressive time of 15 hours and 19 minutes. His achievement made him the first Indian to accomplish this remarkable feat.

Milind Soman's inspiring story of fitness and perseverance serves as a motivation for individuals across India and beyond. He shattered age stereotypes, proving that with dedication, hard work, and a strong mind-set, it is possible to achieve extraordinary goals at any stage of life.

Conclusion:

Exercise is much more than a means to achieve a desired physique or improve physical health—it is a catalyst for profound transformations. Through science, personal stories, and inspiring anecdotes, this cover story has explored the far-reaching effects of exercise on our bodies, minds, and overall well-being. It is a reminder that by embracing the power of exercise, we can unlock our true potential, defy our limits, and lead happier, healthier lives.

Know Your Senior Leader



Mr. Asiskumar Ghosh

General Manager, HOS - Bids & Tendering, Montecarlo Limited

BRIEF INTRODUCTION:

At the onset, I would like to thank my organization for giving me this opportunity and it is my great pleasure to introduce myself in front of you.

I am born & raised in a Bengali middle class joint family in a suburb town of Kolkata of 1970's. I obtained my Secondary, Higher Secondary, Bachelor of Science and Diploma in Civil Engineering Education from my hometown in West Bengal. Later I have completed B. Tech through Distance Learning. I had started my professional journey as Jr. Engineer in Infrastructure projects and gradually with time and experiences I have got opportunity to handle various key responsibility as Quantity Surveyor, Project Manager, Planning Head and HOS-Bids & Tendering.

Your Career journey so far at Montecarlo:

I had started my journey with Montecarlo Ltd since 2006 as Sub-Contract Engineer & handled prestigious Jabalpur-Amarkantak Road project and various projects in Madhya Pradesh. Afterward, I have enjoyed my role as Planning Head and presently HOS-Bids & Tendering at HO. In line with the Vision Mission of the organisation, our Honourable CMD and MD's have always taken decisions and then have made them right, rather to take right decision. I am truly fortunate to have opportunity to work with my top Management. So far, my journey with Montecarlo Ltd is splendid and it will remain in my memory alive till I am alive.

Q. | What are the strengths of MCL...?

A. | MCL enjoys a solid reputation for quality, reliability, value for money and working for nation in all verticals. This strong recognition has helped MCL to attract a loyal customer base and maintain its position as one of the leading infrastructure development companies in India. System & process based working culture is the Success Pillar of MCL.

Q. | What value addition you would like to make in MCL...?

A. | I want to strengthen my three approaches that I can use to add value to my role – and to make myself indispensable in the system & process.

Integrity: Acting with honesty and professionalism, and respecting company policies.

Collaboration: Working with colleagues and teams to meet joint goals.

Accountability: Taking responsibility for actions and decisions both in team and individual.

Q. | What are your leadership beliefs...?

A. | When we genuinely value someone, we will find ways to be present with them, believe in them, and encourage them. To add value to someone is to make them better. Leaders do this by recognizing what the people on their team value and the vision they have for themselves and then they help to make that vision a reality. As a leader it is my responsibility to inspire and instil belief and

confidence to make the team better to best.

Q. | What is your success mantra...?

A. | Success needs commitment, dedication, vision, hard work and the proper approach. We need to seek, our goals with all genuineness and enthusiasm. We should be consistent and positive in our belief. If we believe we can succeed, we will. To propel positive belief, we must build confidence & destroy fear which will lead to victory.

Q. | Your Hobbies...?

A. | Listening to music, reading short stories, long drives with family member.....

Q. | Your Moments of the life:

A. | Personal: The first school day of my son when he stepped into his school holding my hand with trust and belief. The beginning day of his first step to his path of life.....

Professional: Memory of my first promotion in MCL. Thanks to my directors for recognizing & trusting my hard work and believing

Q. | How do you maintain a work-life balance...?

A. | We should always strive for a realistic schedule. If we have more control over our work, the less stressed we get. So, we need to be realistic about workloads and deadlines. Need to make a “to do” list and take care of important tasks first and eliminate unessential ones. Always focus more to complete the essential work within deadline, and subsequently we shall get more time and energy to pursue our hobbies or spend time with our beloved. Work-life balance is achieved over time, not each day. Switching off from work is very important when we are at home to keep ourselves and our family happy.

How do you see the existing EHS culture at MCL and the way forward...??

A. | EHS department plays a major role that focuses on environmental, health and safety compliance. To meet organisation’s commitment, our EHS department is recognising safety and health as an integral part of our regular operations. Since last two years we are considering Environment, Safety and Health in every decision we make and in every activity we perform. Our EHS team is complying with their best endeavour to exceed applicable regulatory safety and health requirements and to set the highest standards.

Q. | How do you see Infrastructure Industry 10 years from now...?

A. | In Indian economy infrastructure is one of the major sector contributions to continuous growth. To meet India’s aim of reaching a US\$ 5 trillion economy by 2025, infrastructure development is pressing priority. Indian government has launched the National Infrastructure Pipeline (NIP) combined with other initiatives such as ‘Make in India’ and the production-linked incentives (PLI) scheme to augment the growth of the infrastructure sector. Historically, more than 80% of the country’s infrastructure spending has gone toward funding for transportation, electricity, and water & irrigation. The roadmap to India’s infrastructure is exciting and the new decade seems to be promising. India is now at a juncture where a huge investment in R&D for energy-efficient and green fuel is much-needed. Thus, boosting the overall infrastructure.

Q. | Your views on Vision, Mission, and Value Statement of MCL:

A. | Vision of MCL is aspirational and expresses its plans, goals and potential impact on the infrastructure Industry across India and explain why customers and employees should stick around this organisation for the long term. Mission is what our company is doing right now to meet the vision. We must keep in mind that loyalty doesn’t happen overnight. Brand loyalty is built over time when organisational mission is aligned with their vision and make it happen. MCL is such an organisation where if vision be the wheel of a steam engine, mission will be the

piston of that engine which supplies power endlessly to its wheels to reach at its destination. As far as value is concerned, MCL is bold and agile, courageously take on challenges, uses its deep customer insight for customer satisfaction. We are fair, honest, transparent, and ethical to all our stakeholders. We are built on collaborative relationships based on trust and mutual respect. MCL moves heaven and earth to protect environment for next generation.

Q. | Your Message to Team MCL:

A. | We expect all our employees to remain focused and continue striving towards our goals. The Senior Leadership Team is always here to provide you the necessary support and guidance.” As we look ahead, it is important to stay diligent and committed to our objectives. Let’s keep working together towards success.



Editorial Team
Aayushi Shah
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Rajesh Kotak
Harsh Shah

Write To Us

All employees and family members are welcome to send their suggestions, feedback and articles on topics of general interest such as health, short stories, self-improvement, motivation, achievements, etc. to aayushi.shah@mclindia.com



Did You Know???

It's Weird but True!!



MONTECARLO
BORN TO ACHIEVE



From **Earth**
you always
look at the
same side
of the
moon.



A SHEEP, A DUCK, AND A ROOSTER WERE THE FIRST PASSENGERS ON A HOT-AIR BALLOON.

BAA.

COCK-A-DOODLE-DOO.

QUACK.



Strawberries
have more
VITAMIN C
than oranges.



A sea turtle



can weigh as much as a
water buffalo.



A SNEEZE TRAVELS

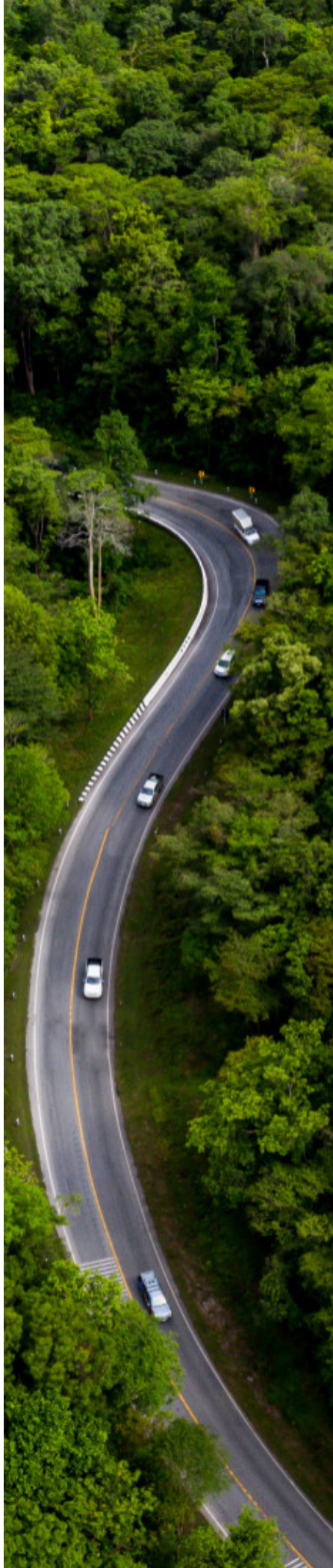


MILES AN HOUR.

(161 km)

IF YOU
HEAT A DIAMOND
TO **1405°F**, ^(763°C)
IT WILL
TURN INTO
VAPOR.





Employee Corner

Sacrifice by Choice



It's indeed my pleasure and a privilege to share the unforgettable and enriching memories of my sojourn to the camp site 4370-Vadodara Mumbai expressway, situated in a lap of a range of Sahyadri Mountains surrounded by a dense forest of the Western Ghats. In fact the site is definitely 'far from the madding crowd', away from the hustle and bustle of busy city life; amidst the torrid plains wading through the rugged paths; and where hills from above continue to watch the rigorous activities that the mankind has embraced, as a sacrifice by choice, for the overall growth and development of the villages and the nation on the whole.

The camp is the place of coexistence of talented and energetic souls among the nature which is, at times, both kind and wild; **Kind** as it has accommodated the mechanical humans for the better life growth that the other humans at distance desire; **Wild** as the place around in itself is called "**Nagjhari**", the abode of the deadliest species of snakes who venture out for their survival now and then and in plentiful during the monsoon. So even the highly skilled and technically advanced humans need to take precautions and invent in-house preventive

methods to battle and tackle any untoward encounters from these species. Among other exposures that are wild but not so dangerous and threatening are the topsy-turvy niggles created by the villagers around the camp. In short, "**hamari mange puri karo**" or "**Hamare apnoko Rojgar Do**" is the attitude of all the ruckus that are experienced now and then.

Life is a sheer struggle here but also a great sacrifice by choice to get to acclimatize and convert the tough rugged terrain into placid concrete long and wide stretched roads for the growth of the diaspora. To stay in an environment with limited or scant facilities, away from loved ones for months and years in itself is individual as well as cumulative stories of sacrifices for a better tomorrow.

The employees are always at the task and desk to complete the assigned projects on time day in and out imbibing and soaking into the pressures of on time delivery of tasks. Among all these activities, the most soothing and encouraging aspect is to see developing glimpses of the '**Work in Progress**', a fruit of labour, on daily basis. As the sun goes down and dusk approaches, the camp site is the new and fixed abode which caters to

provide external and mental rest to these energetic but fatigued engineers. The sumptuous and dhaba style tasty food prepared and served with love add calories and vitality to life. Moreover, this is where the employee engagement and fun activities, sports, competitions, rewards and recognition awards on occasions would keep the morale and **JOSH** high.

Now one may wonder and ponder rightly as to why

such struggle of toil and moil; acclimatization and adaptation to embrace? Can this be implied as, “Isn’t this a sacrifice by choice for our better tomorrow?” And after all, what do we stand for as a group - aren’t we all men and women equipped with robust strength and iron will, exuberant excellence and unwavering zeal to make the impossible possible? Aren’t we gathered with No Penny Less – No Penny More to dream Big, to do great and mighty things

or rather let’s say aren’t we, as Montecarlo family – **Born to achieve!**



Anilkumar Dabhi
Dy. Manager
HR & Admin-HO

What is Financial Independence & Retire Early (Fire)

- Retirement means “Ability to come out of an Actively Playing Job”. It means that we don’t have to work under anyone for money. It does not mean Retiring from other thing is Life. (Life is much more than a Job)
- Financial Independence is a state where Money works for us.
- FIRE doesn’t mean that we don’t need to stop earning. We can still contribute and Earn at Our Time, at our pace. People pay us for our Time & Skills (if we really can make a difference)
- After retirement, we teach Children & Friends. Play, able to work on Better Health. Sleep well. Travel & Take time out with Family Frequently. Able to Contribute back to Society & make difference. We choose to earn at our time.

- If we feel that life is ONLY about working for Company & Clients, It just means that we have not explored the possibilities on this planet.



- Today, the Biggest Entrepreneurs Create Jobs. They are Financially Independent but they choose to continue creating Employment for others. That’s Amazing. But each of us have our journey. They have chosen theirs. Let us choose ours !!!
- We have spent a part of our Life enjoying work life. Choose to spend

the rest of our life on our terms. Guiding, Sharing & Inspiring.

- We all have same 75 Years on this planet! Let’s make every minute Fruitful.

LET FIRE not be the END. Let it be a beginning. Wholesome. Amazing. Impactful.



Rajesh Kotak
Asst Manager
Finance & Accounts- HO



The Path to Success: Unlocking Work-Life Balance with APJ Abdul Kalam

Work-life balance refers to the equilibrium achieved between one's professional commitments and personal life. It is the art of harmonizing career aspirations, family responsibilities, social engagements, and personal well-being. A healthy work-life balance is crucial for individuals to lead fulfilling lives and maintain overall well-being. By establishing clear boundaries between work and personal life, individuals can allocate time and energy to pursue their passions, spend quality time with loved ones, engage in recreational activities, and take care of their physical and mental health. Striving for work-life balance not only enhances happiness and satisfaction but also improves productivity, creativity, and job satisfaction. It involves effective time management, setting priorities, delegating tasks, practicing self-care, and fostering open communication. Achieving work-life balance is an ongoing process that requires conscious effort and continuous adjustments, but the benefits are invaluable, leading to a more fulfilling and enriched life.

APJ Abdul Kalam, the former President of India and a

renowned scientist, was known for his exemplary work-life balance. Despite his demanding roles and responsibilities, he emphasized the importance of maintaining a harmonious equilibrium between work and personal life. Dr. Kalam was deeply passionate about his scientific pursuits and dedicated a significant amount of time and energy to his work. As a leading aerospace engineer, he played a crucial role in India's space and missile programs. However, he understood the significance

"If you salute your duty,
you no need to salute
anybody, but if you pollute
your duty, you have to
salute everybody."

of taking breaks and nurturing his personal life. To maintain work-life balance, Dr. Kalam had a disciplined approach to time management. He believed in setting clear priorities and adhering to a structured schedule. He would allocate specific time for work-related activities, allowing him to focus and be productive. Simultaneously, he recognized the need for relaxation and rejuvenation. Dr. Kalam emphasized the importance of pursuing hobbies and

interests outside of work. He was an avid reader, poet, and musician. These creative outlets provided him with a much-needed break from the rigors of his professional life and nurtured his well-being. Dr. Kalam's work-life balance approach was not only about time management but also about maintaining a positive mindset. He encouraged individuals to find passion and purpose in their work, which would naturally contribute to a balanced and fulfilling life.

Through his own example, Dr. APJ Abdul Kalam demonstrated that work-life balance is attainable, even in demanding roles. He showed that investing in personal well-being, relationships, and personal interests can enhance professional performance and lead to a more meaningful and balanced life.



Prasanta Kumar Dalai
Sr. Engineer
3440-Jhansi Elec Proj
DVVNL-UP

परोपकार (द वैरिटी)



गोपाल नाम का एक गरीब व्यक्ति कृष्णा नदी के पास एक गाँव में अपनी पत्नी और बच्चों के साथ रहता था। कमाई न हो पाने के कारण वे बड़ी मुश्किल से वहाँ गुजारा कर पा रहे थे। हालाँकि हर साल उनके गाँव में एक पारंपरिक मेले का आयोजन किया जाता था, जब वे कुछ खिलौने और गुब्बारे बेचकर खुशी-खुशी दिन में दो बार भोजन करते थे। मेला समाप्त होने के बाद उसकी आय फिर से कम हो जाती और उसे जीवनयापन करने में बड़ी कठिनाई होती।

एक दिन एक बुद्धिमान बूढ़े ने कहा कि तुम पास के शहर में क्यों नहीं चले जाते जहाँ तुम्हें कुछ काम जरूर मिलेगा जिससे तुम्हारा जीवन थोड़ा आसान हो जाएगा।

गोपाल को उस बूढ़े की बात अच्छी लगी और एक दिन वह कृष्णा नदी पार कर अपने परिवार के साथ काम की तलाश में पास के शहर चला गया। काम की तलाश में सुबह से शाम हो गई, लेकिन न काम मिला और न ही उसका कोई गुब्बारा बिका।

पूरा परिवार भूख से तड़प रहा था। उसके बच्चे भूख से बिलखने लगे। बच्चे की भूख की पीड़ा उससे देखी नहीं जा रही थी। अंधेरा भी हो रहा था। किसी तरह वह बच्चों और पत्नी को लेकर भोजन की तलाश में भटकता रहा। कुछ दूर आगे जाने पर उसे एक लॉन में काफी हलचल और रोशनी दिखाई दी। पास जाकर देखा कि एक रईस घराने के बच्चे की बर्थडे पार्टी चल रही थी। बच्चों की भूख को याद करते हुए उसने थोड़ी हिम्मत जुटाई और पार्टी के गेट के पास जाकर सिक्वोरिटी गार्ड से बर्थडे बॉय के पापा से मिलने की गुजारिश की, सुरक्षा गार्ड के बहुत समझाने पर कि वह तुमसे नहीं मिल सकता, गोपाल वहाँ से नहीं हिला। उसने गेट पर हंगामा होता देख बर्थ डे बॉय के पिता वहाँ पहुंचे और पूछा कि क्या बात है और इतना बवाल क्यों हो रहा है। तब गोपाल ने उस धनी व्यक्ति को अपनी सारी कहानी सुनाई और कहा, “मेरे बच्चों ने दिन भर से कुछ नहीं खाया है, और वे भूख से बिलबिला रहे हैं”।

अपने बैग से एक गुब्बारा निकाल कर उसकी तरफ बढ़ाते हुए बोले ये तो बर्थ डे बॉय के लिए है और अगर हमें अपने बच्चों के लिए कुछ खाने को मिल जाता तो आपका बहुत बड़ा एहसान होता। गोपाल ने यह भी कहा कि अगर आपने कहा तो हम आपकी मदद करने के लिए कुछ काम करने की कृपा करेंगे जो भी आप चाहेंगे।

अमीर आदमी ने कहा नहीं मेरे पास पर्याप्त कर्मचारी हैं और एक व्यक्ति से उसे थोड़ा सा केक देने के लिए कहा और फिर गोपाल से कहा कि तुम सब इसे ले जाओ और चले जाओ, और फिर से यहाँ दिखाई न देना।

गोपाल ने उस धनी व्यक्ति का धन्यवाद किया और खुशी-खुशी केक लेकर वहाँ से चला गया। अपने बच्चों को केक खिलाकर गोपाल ने किसी तरह पेड़ की छांव में रात गुजारी। अगली सुबह वह फिर काम की तलाश में निकला और उसे एक जगह माली की नौकरी मिल गई। उनकी हालत पहले से बेहतर होने लगी और उन सबके लिए पर्याप्त भोजन भी उपलब्ध होने लगा। धीरे-धीरे उसने कुछ पैसे जोड़े और उसका परिवार भी अपने जीवन से खुश होने लगा। कुछ महीनों के बाद जब उनके गांव के पारंपरिक मेले का दिन आया तो उनकी पत्नी और बच्चे गांव जाकर अपने गांव का मेला देखने की जिद करने लगे। अपने परिवार को मेले के लिए उत्साहित देखकर गोपाल विरोध नहीं कर

सका और गांव जाने का फैसला किया। उस मेले को देखने दूर-दूर से लोग आते थे। नगर का वह धनी भी अपने पुत्र को मेला दिखाने मेले में पहुंचा। सारा दिन अमीर आदमी अपनी पत्नी और बेटे के साथ मेले का आनंद लेता रहा। शाम को मौसम खराब होने लगा लेकिन उनका बेटा बोटिंग की जिद करने लगा। अपने पुत्र की जिद के कारण वह कृष्णा नदी में नौका विहार के लिए चला गया। शुरुआत में केवट ने मौसम का हवाला देते हुए कहा कि अभी बोटिंग ठीक नहीं है। लेकिन अपने बेटे की जिद की खातिर अमीर आदमी ने कहा, भले ही तुम दूना पैसा ले लो, लेकिन हमें बोटिंग करने दो। ज्यादा पैसे के लालच में नाविक राजी हो गया

वे नौका विहार का आनंद ले रहे थे कि अचानक कृष्णा नदी में चक्रवात के कारण लहरें ऊपर-नीचे होने लगीं। देखते ही देखते अंधेरा हो गया और संतुलन बिगड़ने के कारण नाव डूब गई। पर वहाँ नदी की गहराई कम होने के कारण वे किसी तरह नदी के दूसरे किनारे तक आ पाए। लेकिन तब तक रात हो चुकी थी, कुछ भी नजर नहीं आ रहा था।

किसी तरह संभलते-संभलते वे धनी परिवार अपनी पत्नी-पुत्र सहित किसी आश्रय की तलाश करने लगे। कुछ दूर चलने पर उसे एक झोपड़ी दिखाई दी, जहाँ से एक रोशनी दिखाई दे रही थी।

झोपड़ी के पास पहुँच कर अमीर आदमी ने आवाज़ दी। आवाज़ सुनकर झोपड़ी से एक महिला बाहर आई। उस स्त्री को देखकर धनी आदमी ने अपनी सारी बीती सुनाई और रात भर अपने परिवार के साथ रहने के लिए आश्रय की याचना करने लगा। महिला कुछ सोच में पड़ गई, इसी बीच उसका पति गोपाल बाहर आया और बोला कि हम सौभाग्यशाली हैं कि आप हमारे घर आए हैं। गोपाल ने कहा, हो सकता है आपको मेरी याद न हो लेकिन मैं वह व्यक्ति हूँ जो एक दिन आपके बेटे के जन्मदिन पर अपने परिवार सहित भूखा मर रहा था और आपने हमें केक दिया। उस रात्रि का मुझ पर आपका बड़ा उपकार है।

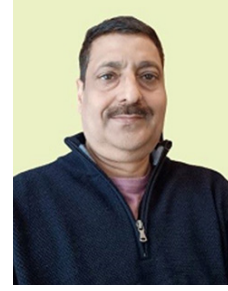
गोपाल ने अमीर आदमी और उसके परिवार के लिए बहुत कुछ किया। उसने उनके खाने और सोने की व्यवस्था भी अपनी झोपड़ी में की और गोपाल अपने परिवार के साथ बरामदे में सो गया। उस धनी आदमी की आंखों में नींद नहीं आ रही थी, उसने उठकर

देखा तो गोपाल का पूरा परिवार उसे कुटिया में जगह देकर स्वयं बरामदे में परिवार सहित सो रहा था। उस उस समय धनी व्यक्ति को अहसास हुआ कि गोपाल गरीब होते हुए भी हृदय और व्यवहार का बड़ा धनी था। जिसके सामने वह अपने आप को बहुत छोटा और गरीब महसूस कर रहा था।

प्रातःकाल विदा लेते समय उस अमीर आदमी से रहा न गया और दौड़कर गोपाल से लिपट गया और गोपाल से बोला, धन के मामले में मैं तुमसे बहुत अधिक धनवान हो सकता हूँ, परन्तु वास्तविक जीवन में तुम मुझसे कहीं अधिक धनी हो। आज मुझे पता चला कि

जीवन की असली दौलत पैसा नहीं है, बल्कि दूसरों के प्रति स्नेह और अच्छा व्यवहार है। आज मैं उस रात अपने किए पर बहुत शर्मिंदा हूँ, हो सके तो उसके लिए मुझे माफ कर देना। आज मुझे तुम्हारे द्वारा जीवन की सबसे बड़ी सीख मिली है जिसे मैं अपने साथ ले जा रहा हूँ वह अच्छा व्यवहार, प्यार और दूसरों के लिए समझ है। यह वह धन है जो दूसरों को देने पर बढ़ता है और कभी घटता नहीं है।

“इस दुनिया में, आपके द्वारा किया गया उपकार कभी व्यर्थ नहीं जाता है, यह किसी न किसी रूप में आपके पास और भी बहुत कुछ लेकर आता है”।



Vijay Kumar Pathak
AGM
Design & Engineering- HO

Group Mediclaim

“Group Mediclaim” Policy has been renewed with effect from 1st June - 2023.

The salient features of the policy are as under :

Applicability: The Mediclaim Policy benefits are available only to employees , their Spouse and two dependent children up to the age of 25 years in the S and above category.

Sum Assured: Following are the details of sum assured.

Employee Grade	Floater Benefit (Rs.)
C1, C2, O, S & T	3,00,000
M & C3	4,00,000
G & C4	5,00,000
P, C5, XC, X2 & X3	6,00,000
D1	10,00,000
D2	20,00,000

- In order to avail the benefits, minimum 24 hours hospitalization is required. Hospital must have minimum 15 beds and registered under Local authority.
- Hospitalization intimation must be send within 48 hours of hospitalization to: kishorev@fhpl.net & amar.patel@fhpl.net , contact Person – Mr. Amar Patel and his mobile number is 9099180898.
- Reimbursement claim must be submitted with filled claim form along with original documents within 30 days from the date of discharge from hospital.
- Pre hospitalization treatment expenses for 30 days and post hospitalization treatment expenses for 60 days are covered.

- Exclusions: Treatment expenses for Lasik surgery, septoplasty. Treatment on trial/experimental basis, Admn/Registration/service/ Misc charges, Expenses on fitting of Prosthesis, Any device/instrument/machine contributing/replacing the functions of an organ, Holter monitoring are outside the scope of policy. Any cosmetic treatment which includes contact lenses, laser surgery, spectacles are also excluded.

Things to Remember :

- 15% Co-pay if reimbursement is sought in network hospital:- it is only applicable when the claimant is going for reimbursement wherein there is tie- up for cashless facility.
- 10% co pay if claim TAT (Turn Around Time) is not met or in case of delayed/non- intimated claim. However, the same is not applicable for accidental cases.
- Pre-existing disease & Maternity are covered.
- Each employee will get Mediclaim Membership E card and the same need to be produced at the time of availing cashless facility or claim intimation.

Escalation Matrix

FHPL Escalation Matrix			
Sr. No	Name	Email ID	Mobile no.
Level 1	Mr.Amar Patel	amar.patel@fhpl.net	909 918 0898
Level 2	Mr.Kishor Bhalgama	kishorev@fhpl.net	922 720 7002
Level 3	Dr. Ashveta Bhat	ashveta.bhat@fhpl.net	922 720 7001

Reimbursement claim file directly send to

Mr. Kishor Bhalgama
 Family Health Plan Insurance TPA Limited
 Unit No. – 303, Mauryansh Elanza opp Jain Derasar
 Near Parekh Hospital , Shyamal Cross Road
 Ahmedabad -380015
 Contact No. – 07948985162 , 8291240057

Any fake claim are highly discouraged and it attracts disciplinary action. However, the Best possible help and support will be provided to all genuine claims within the parameter of policy.



Sanjeev Pandey
 Dy. Manager
 HR & Admin- HO

LIGHTS, CAMERA & ACTION WHAT TO STREAM?



Jubilee (Drama)

- Where to Watch – Amazon Prime Video
- Rating – 8.4 (IMDB)
- An intense drama series that includes a cast of characters, their lives, and the risks that they are prepared to take in the name of their passions, aspirations, and goals.



Asur: Season 2 (Mythology, Crime, Thriller)

- Where to Watch – Jio Cinema
- Rating – 9.5 (IMDB)
- A former forensic expert joins the CBI to investigate a series of murders in Varanasi. The killings are linked to the myth of Asura. Using his knowledge of mythology and forensics, Nikhil and a team of experts work to stop the killer's rampage.



Farzi (Action, Crime, Thriller)

- Where to Watch – Amazon Prime Video
- Rating – 8.4 (IMDB)
- An artist starts an unlawful business with counterfeit currency to save his grandfather's dying printing press. Before he realizes it, he is too deep into the mess he has created and is a target of the law.



Rocket Boys (Comedy, Drama, History)

- Where to Watch – Sony Liv
- Rating – 8.9 (IMDB)
- Rocket Boys is a true story displaying the lives of two extremely talented Indian men named Homi Jehangir Bhabha and Vikram Ambalal Sarabhai. It is about the duo achieving great heights and building the nation's future.



Crackdown: Season 2 (Action, Drama, Crime)

- Where to Watch –Voot
- Rating – 8.2 (IMDB)
- Raw Agents Riyaaz Pathan and Zorawar, along with Divya, must rescue 80 passengers from a hijacked airplane while uncovering the enemy's motives. A thrilling cat-and-mouse chase ensues, revealing links to a previous case and testing their loyalty and determination.



The Elephant Whisperers (Kids, Drama, Animated)

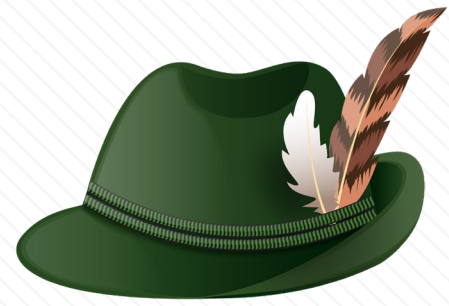
- Where to Watch – Netflix
- Rating – 7.5 (IMDB)
- The Elephant Whisperers tells the story of an indigenous couple named Bomman and Bellie who are entrusted with an orphaned baby Indian elephant named Raghu. The film is a heart-touching story of a bond between animal and human and co-existence.



Spider man: Across the Spider-verse (Super-natural)

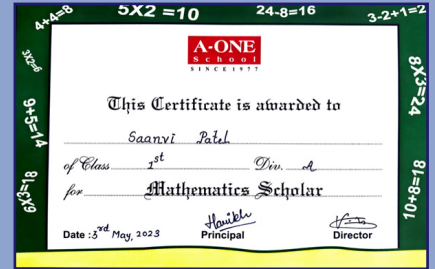
- Where to Watch – Theatrical Release
- Rating – 9 (IMDB)
- Brooklyn's Spider-Man reunites with Gwen Stacy and is thrown into the Multiverse, joining a team of Spider-People who protect it. Conflict arises among the heroes when they disagree on handling a new threat. Miles must redefine heroism to save his loved ones.

A Feather in the Cap



Saanvi Patel
Daughter of Rahul Patel
(Dy. Manager, HOS- BD & Tendering, HO)

She was awarded for **Mathematics Scholar** at A-One School.



Pratik Kumar Singh
Son of Satish Kumar Singh
(Sr. Executive-HR & Admin,
3360-VARANASI-2 Elec Proj PuVVNL-UP)

He achieved **92% in class 10th CBSE Board.**



Ratnesh Prasad
Son of Randhir Kumar
(Asst. Manager- Techno Commercial, HO)

He got the award of **“Most Progressive Student of the Year”** among all 1st Std. students of Neelkanth International School for the year 2022-2023.

A Feather in the Cap



Om Aditya Singh

Son of Praveen Kumar Singh
(Manager-Project Manager - 4350-Umarsar Mines)

He achieved 97.2 % in class 10th CBSE Board.



Akshat Kushwaha

Son of Amit Kushwaha
(Manager-Planning & Monitoring, HO)

He secured 1st Rank with 96% in 5th Std at
Global Mission International School.

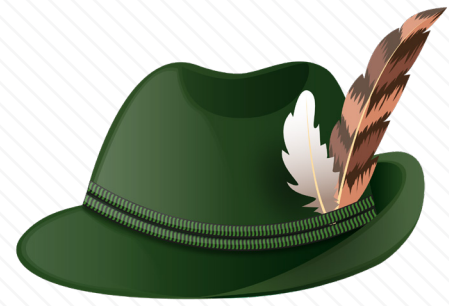


Arohi Kushwaha

Daughter of Amit Kushwaha
(Manager-Planning & Monitoring, HO)

She secured 1st Rank with 98% in Junior KG at
Neelkanth English School. She also bagged 1st
prize in Handwriting Competition, Fancy dress
Competition, Action Competition & Science Fair

A Feather in the Cap



Dhiana Patel
Daughter of Chetan Patel
(Dy. General Manager, HOS- Finance & Accounts, HO)

She secured 1st position in Std. 4 Hindi Handwriting Competition at Amrita Vidyalayam.



Trishal Yadav
(Asst. Manager-Contracts Management, HO)

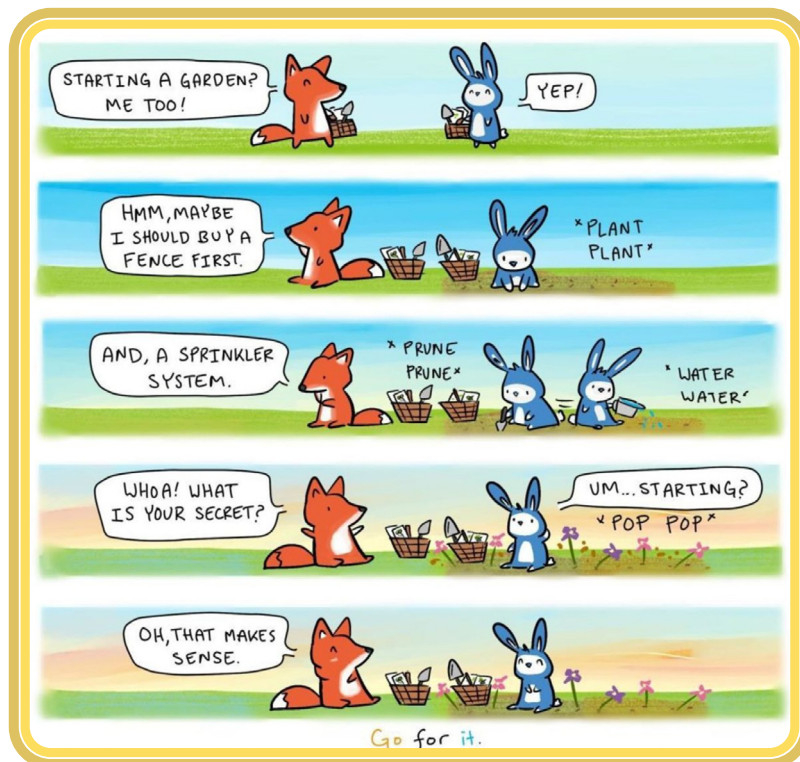
He secured 1st position among 413 participants who participated in 21-day fitness challenge by achieving remarkable fat loss within the given timeframe.



Jenish Nayankumar Prajapati
Son of Nayankumar Prajapati
(Asst. General Manager, HOS-Plant & Machinery, HO)

He secured 7th rank in GTU in Mechanical Engineering 5th Semester & got successfully placed at L&T Hydrocarbon from VPMP Polytechnic, Gandhinagar.

Mind Benders



Click on the button to participate:

Quiz guidelines:

1. This quiz has 15 questions & the duration to complete the quiz is 15 minutes only.
2. You need to refer magazine for solving few questions in the quiz.
3. The link will be open & valid only for 2 days from the date of release.
4. Only MCL employees can appear in this quiz.
5. You can attempt the quiz only once. Multiple responses from single employee will lead to disqualification.
6. Winners will be determined based on getting maximum correct answers in the least time.
7. Top 3 winners will get Surprising gift vouchers.

Or use this link : <https://forms.office.com/r/bhcc5gJv>

Felicitation of Long Service of Our Employees



Ujjalkumar Dutta
Engineer-
Plant & Machinery
3170-Barjora Coal Mine WB



Nigam Shah
Group Chief Financial Officer-
Finance & Accounts
Head Office



Kalpesh Pandya
Asst. Manager-
Planning & Monitoring
4270-RVNL Pkg III, Kidiyanagar



Shridip K. Shah
Sr. General Manager, HOD-
Techno Commercial
Head Office



Randhir Kumar
Asst. Manager -
Techno Commercial
Head Office



Arunkumar Vibhuti
Asst. Manager -
Project - O&M
2151-Hubli - Haveri project



B Srinivasulu
Sr. Manager-
Quality Management
2221-Bang.Chen.Exway Phase III-(AP)



Hemant Kumar
Dy. Manager- Techno Commercial
3310-Munger to
Mirzachauki - Pkg 03



Krishna Rana
Sr. Executive -
BD & Tendering
Head Office



Nitin Hallur
Asst. General Manager -
Planning & Monitoring
2230-Balagondapalli Road Project-TN



Susavon Bandyopadhyay
Engineer-
Plant & Machinery
3360-Varanasi-2 Elec Proj PuVVNL-UP



Niranjankumar Prasad
Sr. Executive-
EHS
3340-Varanasi, UP



Anil Srivastava

Asst. General Manager, PM- Project
3360-Varanasi-2 Elec Proj
PuVVNL-UP



Rajendra Sajja

Sr. Manager - Planning & Monitoring
2221-Bang.Chen.Exway
Phase III-(AP)



Bhanu Pratap Singh

Dy. Manager - Project – Highway
1230-Shamli–Ambala Pkg-3
Road Project



Rajesh Kumar Soni

General Manager, PM- Project
4340-Akola Medshi Road
Project



Rajiv Ranjan

Engineer - Project – Structure
3300-Munger to
Mirzachauki - Pkg 01



Ronakkumar Patel

Executive -
Finance & Accounts
Head Office



Ramkinker Singh

Dy. Manager - Project – Highway
2221-Bang.Chen.Exway
Phase III-(AP)



Ashok Kumar Yadav

Sr. Executive - EHS
3360-Varanasi-2 Elec Proj
PuVVNL-UP



Sujeet Kumar Mishra

Sr. Executive-
Finance & Accounts
3320-Patna Metro Rail Project



Jugal Prasad

Jr. Executive –
Procurement
4320-Sinnar - Shirdi Road project



Ravindra Srivastava

Sr. Engineer - Project-Utility
3370-AZAMGARH Elec Proj
PuVVNL-UP



Ali Asghar

Asst. Executive – EHS
1220-HPCL Refinery
Building Project



Satishkumar Singh

Sr. Executive - HR & Admin
3360-Varanasi-2 Elec Proj
PuVVNL-UP



Chandeshwar Mishra

Asst. Manager - Project - Structure
2221-Bang.Chen.Exway
Phase III-(AP)



Shah Alam Ansari

Executive -Procurement
1230-Shamli–Ambala Pkg-3
Road Project

Words of Appreciation

“



One of the best ways to know Montecarlo Pariwar better is through our MONTECARLO ONE magazine as it showcases different ideology, updates and various achievements by our members and are also able to see the performance of Project through its several accomplishments and its efforts for betterment of society. The head office staffs in particular, who do not travel to the locations, may learn about the many events taking place there. Reading about different senior person's professional career and thought process, helps us gain a perspective which helps in motivating us and thriving forward. Thank you to the entire Montecarlo One team for working so hard to make this magazine so informative and precise. We wish you the best of luck and eagerly waiting for upcoming issues of the magazine.

Ashvinbhai Patel

Sr. General Manager
Project Manager,
4370-Vadodara Mumbai
Expressway



I would like to take a moment to express my sincere appreciation for the editorial team for publishing our quarterly magazine is really commendable. Montecarlo one is wonderful platform for staff and their family member to showcase their achievements. And What is important is to maintain discipline, safety, appreciation and motivation to the employees at all times. I will would like to express my gratitude to the entire editorial team for publishing such quality and informative content And only does the e-magazine showcase the diverse talent and skills of our employees, but also serves as a platform for sharing important news about company. The article and feature were engaging and informative. I wish good luck to Montecarlo as a team in their efforts to make this magazine more & more informative in coming days. It is good for the organization to guide everyone with such effortful articles in professional life. Thank you once again for this wonderful e-magazine. It is a true testament to the passion and talent that exist within our company.

Raghvendra Gunanand Jha

Sr. General Manager
Chief Project Manager,
3300-Munger to
Mirzachauki - Pkg 01

”



Shradhhanjali



Heartfelt condolences on the sad demise
of our employee

Late Shri VINAY KUMAR SINGH
on 1st March, 2023.

He was working with us as
Supervisor-Project at
3360-VARANASI-2 Elec Project
PuVVNL-UP.

May his soul rest in peace.



Heartfelt condolences on the sad demise
of our employee

Late Shri DINKAR RANJAN
on 6th April, 2023.

He was working with us as
Supervisor Procurement at
2221-Bang.Chen.

Exway Phase III-(AP)
May his soul rest in peace.